

Among Friends



Fond du Lac Senior Center ...*where friends meet!*

April 2013

~ Proudly serving the seniors in the Fond du Lac community for over 45 years! ~



**Sunday
April 28
2 p.m.
Eagles Club
515 N. Park Avenue**

A MUSICAL REVUE
showcasing Fond du Lac Senior Center's
musical performing groups:

♪ Handchimes Chorus ♪ Red Hat Honeys Chorus ♪
♪ Singing Class ♪ SCAMP Band ♪

FREE hors d'oeuvres ~ Cocktails available

TICKETS \$5.00

Purchase tickets at the Senior Center.
Tickets will be available at the door, **BUT**
advance purchase is greatly appreciated
to help with refreshment and seating planning.

This is NOT a talent competition, but rather an afternoon showcasing some of the Senior Center's talented musical performing groups.

Come see the Senior Center's talented musical performers! Open to the public ~ All are welcome!

WELCOME TO THE FOND DU LAC SENIOR CENTER

April 2013



A Free Monthly Publication
Vol. 4 • No. 4

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City of Fond du Lac

Fond du Lac Senior Center

151 E. 1st St.

Fond du Lac, Wisconsin 54935

Phone..... (920)322-3630

Email.....dwinkelman@fdl.wi.gov

HoursM-F 8:00 a.m.- 4:30 p.m.

The Fond du Lac Senior Center provides equal services to all individuals 50 years and over, including those with disabilities.

Newcomer Tour

Call 322-3630 if you would like a tour of the Senior Center and to learn about our programs and activities. This tour is for new members or those who have not been very active but want to find out more about the Center.



2

SENIOR CITIZEN ADVISORY BOARD

Nominations for a Friends representative to serve on the Senior Citizen Advisory Committee (SCAC) will be accepted April 8 – 12, 2013. An election will be held April 22–26 at the Center. SCAC members “represent senior citizens in the community, be aware of their concerns, make recommendations, and serve in an advisory capacity to the Senior Center.” There is a city of Fond du Lac residency requirement and meetings are held at 8:30 a.m. on the 3rd Friday of the month. The term begins May 17, 2013. If interested in running for this Committee, please pick up an application from Dottie at the Senior Center before April 5.

Vote at the front desk April 22–26.

BRAT FRY WORKERS NEEDED

The Friends of the Fond du Lac Senior Center will again sponsor several brat fry weekends at Piggly Wiggly. Can you help out on any of these three weekends? We need LOTS of volunteers for this annual fundraiser! If you can help grill or serve, please call the Senior Center at 322-3630 or stop by and sign up at the front desk. Mark your calendar to stop by the Piggly Wiggly for a brat, hamburger, or hotdog on the following dates:



2013 Brat Fry Schedule at Piggly Wiggly

Friday, May 3	Saturday, May 4	Sunday, May 5
Friday, May 10	Saturday, May 11	Sunday, May 12
Friday, May 17	Saturday, May 18	Sunday, May 19

YOUR HELP WILL MAKE THIS FUNDRAISER A SUCCESS!

DINE OUT COUPON BOOKS

The Dine Out Coupon Book fundraiser for the Friends of the Fond du Lac Senior Center features 46 coupons for dining at 37 area restaurants with savings of more than \$150. The book costs just \$5 and offers discounts that are good through December 2013. Purchase coupon books in the This 'n That Craft & Gift Shoppe, located inside the Senior Center, Monday – Friday, 9 a.m. to 4 p.m.

Books are also available at: Central Barber, Fox Valley Savings Bank, KFIZ, Korneli's Main Street Express, Philly's on 4th, and Pump 'n Pantry.



Visit us online at www.fdlseiorcenter.com

THIS 'n THAT CRAFT & GIFT SHOPPE

Think Spring.



Come
browse
our nice
selection
of items for **SPRING...**
including ceramic frogs and turtles
and floral stained-glass



OPEN TO THE PUBLIC Monday—Friday 9 a.m.—4 p.m.

Newsletter Crew

Editor.....Dottie Winkelmann
Coordinator/
Design/Writer.....Judy Lange
Writer.....Jean Holzman
Mail Coordinator.....Vivian Gorden
Labels.....Darlene Lyness
Mail Crew.....20+ volunteers!

Newsletter Deadline

The deadline for submission in the May's *Among Friends* is Monday, April 8. Submit information to Judy Lange.

Up-to-Date Information



Tune in to KFIZ-AM 1450 Monday mornings at 9:10 a.m. for the Senior Center report.

Dottie Winkelmann, Senior Center Director, is guest of Wade Bates on his *After Breakfast Show* every Monday morning. Listen in for information about upcoming activities and events at the Senior Center.

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Securities and Advisory Services offered through Woodbury
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WALNUT GROVE
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UPCOMING PROGRAMS

BAGELS WITH BEN

Hosted by: Ben Baertschy,

Financial Advisor, Edward Jones Investments



Have a bagel and chat with Ben on the **1st Monday of each month at 9 a.m.** Ben will be joined by a different guest speaker each month to address specific investment topics. **This is an informational presentation—no pressure or obligation!** Ben will also be available to answer any questions you may have on any investment topic.

APRIL 1: Keith Brennan from Prudential

Topic: Ideas for increasing & adding longevity to retirement income

MAY 6: John Florence from Lincoln Financial

Topic: Understanding your required minimum distributions

JUNE 3: Jim Lowry from Pacific Life

Topic: How to prepare for long-term care expenses

Bagels by "The Bagelmeister." Free to attend. Pre-registration is appreciated by calling 322-3630 or stop at the front desk.

INVESTMENT WOKSHOP

JEFF KEMP'S INVESTMENT WORKSHOP CONTINUES

Mondays—April 1 & 8, from 3:00 – 4:30 p.m.

If you have not done much saving or investing for your future or you would like to learn how to be your own financial manager, these classes are for you! Each week is a new topic, so you need not have attended the previous weeks to benefit. For planning purposes, call 322-3630 to register.

SPRING SING-ALONG

Monday—April 15, from 12:30–1:30 p.m.



Join Jess Ellison for an old-fashioned sing-along. Some of you may be familiar with Jess, as he frequently plays piano at Theo's Cream City Chop House Restaurant. Jess will be at the Senior Center playing songs that will have you thinking SPRING! Sing along or just sit back and listen and enjoy. Dessert and refreshments will be served. Free and open to the public. For planning purposes, register at the Senior Center's front desk or by calling 322-3630 to attend.

AARP MEETING

Chapter #614

Thursday—April 18, at 1:30 p.m.

The featured speaker for April's AARP meeting will be a representative from **FOOD FOR FREEDOM** which is organizing an event attempting to break the world record for most food collected in a 24-hour period over Memorial Day weekend, May 25-26. All food collected will be donated to food pantries in Fond du Lac and surrounding counties.

AARP meetings are free to attend and open to the public. They are held at the Senior Center **every 3rd Thursday of the month**. Refreshments are served.

4 The cost to join the local AARP chapter is \$3.



BREAKFAST FOR THE BRAIN

Tuesday & Thursday mornings from 9–10:30 a.m.

April 25–May 14

Held at the Aging & Disability Resource Center

USE IT OR LOSE IT...IMPROVE YOUR BRAIN'S HEALTH!

Like your muscles, your brain needs regular workouts to stay healthy and fit as you age. For instance, have you ever tried to complete a crossword puzzle with your other hand? The "Breakfast for you Brain" program is an interactive brain wellness workshop for active adults. During this six session program, participants will be guided through fun, hands-on, interactive exercises that stimulate brain functioning.

This interactive program designed to workout your brain is facilitated by Nan Baumgartner, retired Extension educator. **The cost is \$15 and is limited to the first 16 seniors to register.** The program helps us realize the benefits of consistent mental exercise combined with a commitment for physical activity and good nutrition. Areas that the sessions focus on are nutrition, how the brain works, humor, using visuals to stimulate (puzzles, optical illusions, creative art), left/right brain activities, listening as a brain enhancer, expressing opinions, reminiscing exercises, word games, and memory building exercise.



Breakfast is the most important meal of the day; this program could be the most important exercise for your brain. Come and find out! Call 322-3630 to register.

HOBB'S WOODS HIKE

Tuesday—May 7, at 10 a.m.

Enjoy the splendor of Mother Nature's beauty!

The Senior Center Hikers are inviting newcomers to join them on a hike at scenic Hobbs Woods on Tuesday, May 7. The hike will last about an hour, but you may stop and turn back at any time. There are also benches along the way for resting. If you would like to carpool, meet at the Center at 9:30 a.m. or meet at Hobb's Woods at 10 a.m. If there is questionable weather that day, please call the Senior Center at 322-3630 for info as to whether the hike is cancelled and when it would be rescheduled.

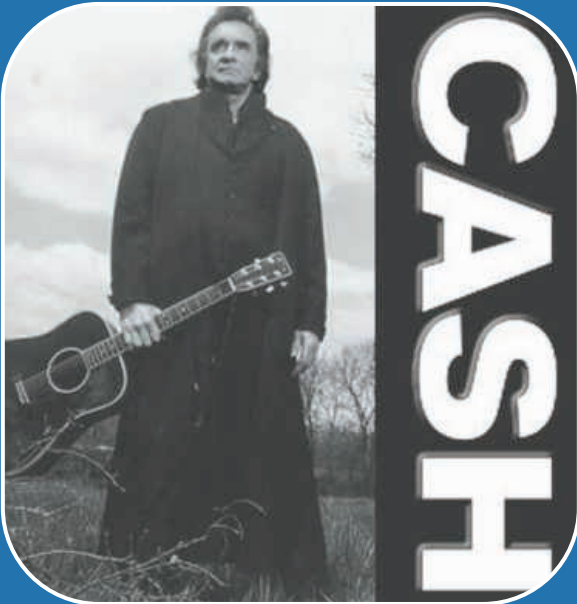


UPCOMING PROGRAMS

GOOD NEWS!

Remembering THE MAN IN BLACK

with musician "Johnny Dough" as he shares the musical legacy of the great Johnny Cash



Many of you were disappointed at our Friends Annual Meeting in January when our scheduled musical entertainment, Johnny Cash tribute artist "Johnny Dough," was suddenly unable to come due to car trouble. Well there's GOOD NEWS! Johnny has rescheduled a performance for us!

"JOHNNY DOUGH"

TUESDAY, MAY 7, at 2 p.m.

Goodrich Little Theater

There will be no charge to anyone who attended or had registered to attend the Annual Meeting on Friday, January 25. If you would like to see the show, but you were not registered for the Annual Meeting, pay just \$3 per person. For planning purposes, **registration is required** for ANYONE planning to attend—**call 322-3630 to register by Friday May 3.**

ABSOLUTELY NO ADMITTANCE WITHOUT PRIOR REGISTRATION



DRIVER SAFETY CLASS

Tuesday, May 21, from 8:30 a.m.—12:30 p.m.
(deadline to register: Friday, May 17)



This one-day senior driver refresher course consists of ALL IN-CLASS learning – NO tests and NO driving. The cost is \$12 for AARP members (bring your card); \$14 for non-members.

Pre-registration is required.

Why Take a Driver Safety Class?

The AARP Driver Safety Program is the nation's first and largest refresher course for drivers age 50 and older. For 35 years, it has helped millions of drivers remain safe on today's roads. The program is a 4-hour classroom refresher that can help you learn the effects of aging on driving and how you can adjust your driving. It is designed to help you:

- Tune up your driving skills; Update your knowledge of the rules of the road.
- Learn about normal age-related physical changes, and how to adjust your driving to allow for these changes.
- Reduce your traffic violations, crashes, and chances for injuries.
- Get an auto insurance discount. Many insurance companies provide a multiyear discount to AARP graduates! Check with your insurance provider.

For more information or to register, call 322-3630.

BOB ROSS PAINTING CLASS

Saturday, June 22
10 a.m.—4 p.m.

Cheryl Fisher, Certified Bob Ross Painting Instructor

Oil paints will be used to paint this picture. Paintings will be ready to take home by the end of this class.



The painting that will be created in this class is "Mountains of Grace." Participants should bring a 16" x 20" canvas (preferably a Bob Ross or Frederick canvas – available at Michael's Craft Stores or Hobby Lobby); a smock, apron, or old shirt; and a roll of Bounty paper towels. Canvasses will also be available for a \$10 fee payable to Cheryl on that day (please indicate when you sign up that you would like to purchase a canvass). Paint, brushes, and other supplies will be provided. This class is especially suited for beginners; *you need no previous experience to participate.* Participants will have a completed painting to take home and will have a day spent experiencing the true joy of painting. **The cost for the class is \$56.00 and must be paid at the Senior Center front desk at the time of registration.** Space is limited, so *register as soon as possible.* **Absolutely NO art experience needed. Explore your creative side!**

HAPPY TRAVELERS

Mary Schneider, Travel Assistant & Tour Director

Call 322-3635

SIGN UP FOR THESE TRIPS AS SOON AS POSSIBLE • STOP IN & PICK UP A 2013 TRIP PREVIEW BROCHURE

"RUN FOR YOUR WIFE"

Sunday—August 4

Fireside Theater—Fort Atkinson, WI COST: \$95



Quite possibly the funniest comedy ever written! Unassuming cab driver John Smith is mugged one day and is taken home by a helpful policeman. Unfortunately the policeman takes him to the wrong home - because unassuming John Smith has two homes and two wives and according to his carefully laid out schedule on this particular day he is supposed to be with Wife #2 but he finds himself with Wife #1 while worried Wife #2 searches desperately for him. Confused? Don't worry— it will all come together in this hilarious collection of mistaken identities as Mr. Smith tries to juggle two wives, two apartments, and two very suspicious police detectives. You will laugh till it hurts and then laugh some more at this rollicking comic masterpiece. Includes Fireside's famously delicious buffet.

Leave: 8:15 a.m. Home: 6 p.m.

"CANDY, NUTS & BEER" TOUR

Wednesday—August 14

Milwaukee, WI COST: \$53



This may be
the most
TASTE
TEMPTING
TOUR
you ever take.

Tour three great Milwaukee treasures:

• Quality Candy • Buddy Squirrel • Sprecher Brewery
Dine at MJ Stevens

Leave: 9:45 a.m. Home: 6:00 p.m.

TALL SHIPS FESTIVAL

Friday—August 16

Green Bay, WI COST: \$53



Green Bay is celebrating the return of the Baylake Bank Tall Ship Festival, once again expected to be one of the largest outdoor events in Northeast Wisconsin. Green Bay is one of only six American cities selected to host the TALL SHIPS CHALLENGE Great Lakes 2013. This three-day event features ship tours, day-sail excursions, a variety of food, entertainment, and activities for all ages.

Historical sailing ships entertain the young and the old. The waterfront setting brings people together to enjoy and appreciate a maritime experience. The prestige of this event differentiates it from all others.

- Learn about the rich history behind each ship, life on board, what it takes to be a crew member, and the intricate ecosystem of the Great Lakes.
- Partake in interactive games, make your own unique art project, dig for buried treasure, and dance to the music of the shanty men.
- Vendor Fair: Stroll through the assortment of vendors and see what hidden gems await you. Enjoy a vast variety of food & beverage items while resting in the shade under a picnic tent by the river.
- Relax and take in the scenery with a cool beverage in the adults only Beer Garden.

Includes one-hour **cruise aboard The Foxy Lady** to see the ships from the water and a **stop at Seroogy's Chocolates** in DePere.

Leave: 7:30 a.m. Home: 5:45 p.m.

Friends membership is required to travel with the Happy Travelers. Membership is \$10 for a single and \$15 for a couple.

ONEIDA CASINO DAY TRIPS

THURSDAY, APRIL 25

THURSDAY, MAY 30

WEDNESDAY, JULY 24

WEDNESDAY, AUGUST 28

Dinner at SCHWARZ'S in St. Anna

Dinner at JIM & LINDA'S LAKE VIEW SUPPER CLUB

Dinner at ROXY'S in Oshkosh

Dinner at SCHWARZ'S in St. Anna

COST: \$54 Includes: \$25 for gambling, *fantastic dinner*, bus transportation & FUN!

6 Leave: 10 a.m.; Home: 7:00 p.m.



HAPPY TRAVELERS



2 DAY CASINO TRIP
Tuesday—September 3
Wednesday—September 4
Keshena, Bowler, Wittenberg
COST: \$105 (double occupancy)
\$132 (single occupancy)



**TRY YOUR
LUCK!**

**2 FULL DAYS OF
FUN!**

Includes:

Menominee Casino Resort, Keshena:

\$10 Casino Play

North Star Mohican Casino Resort, Bowler:

\$20 Casino Play , Overnight stay , \$5 breakfast coupon

Ho-Chunk Casino, Wittenberg:

\$15 Casino Play

Robbin's Restaurant in Oshkosh

Family-style dinner which includes:

Fresh Garden Salad, Cracker Basket, Fresh Dinner Rolls, Pineapple Glazed Baked Ham, Slow Roasted Turkey with Dressing, Home-style Mashed Potatoes, California Medley Vegetables, Ice Cream and Coffee, Tea or Milk



Leave: Tuesday, 7:00 a.m. Home: Wednesday, 7:00 p.m.

DORIS ZIMMERMANN

RETIRES

**after working
23 years at the
Senior Center**



Tribute by Director
Dottie Winkelmann

At age 64, when some seniors are gearing up for retirement, one local senior started a brand new career.

Doris Zimmermann came to work at the Senior Center with the Happy Travelers program, an activity sponsored by the Friends of the Fond du Lac Senior Center. This March, some 23 years later, she decided it's time to relax and stop and smell the roses. She says that she "enjoyed working at the Center all those years, but I'm happy to retire now, too."

Doris worked under the Green Thumb program and later Experience Works, but was not actually hired by the Friends organization and on that payroll until December 2005. Over the years, Doris worked to raise more money through Happy Travelers profits than any other Center activity ever. Such an accomplishment!

Working over 20 years, Doris changed and advanced with technology and times. It's hard to imagine that when Doris started, she used MS-DOS and only 9 trips a year were held. Some 34 trips are planned for 2013. She was known for discovering an upcoming show and throwing a trip together quickly because "everyone wants to see it." She took area seniors around the USA and around the world.

Doris had an impeccable work ethic and loyalty to her job. What a gem she was to work with—her enthusiasm for travel and encouraging seniors to "travel while you can" will always be remembered.

Personally, I cherish the friendship I made with Doris. We had some long talks after-hours about family, religion, and improving the Senior Center. Doris has a heart of gold and such a caring spirit. I'm happy to hear that she'll be coming back to the Center for some fun. With her long hours, decades of dedication, and nonstop thinking about travel... it's time for Doris to think a little bit about herself.

Doris, thank you for your heartfelt dedication to your golden years career. You are appreciated beyond words and will always be a part of the Senior Center Family. Enjoy your much-deserved retirement!



MPTC COMPUTER CLASSES

The Fond du Lac Senior Center is proud to partner with MPTC to bring you these computer classes. These classes are set up through Moraine Park Technical College and held in the Computer Lab at the Senior Center. The classes are taught at a relaxed pace and are open to ALL ages.



HOW TO REGISTER: Register at MPTC in person (C-1 Entrance) or by telephone at 922-8611. Classes often fill fast—early registration is recommended.
 * = For Computer Basics 1, 2, 3 & 4, each student is required to bring a jump drive to class.

REGISTER NOW!

COURSE #	DAY	DATE	WKS	TIME	HOURS	INSTRUCTOR	COST (62+)	COST (<62)
COMPUTER BASICS 1*								
103-483-31423	T, W, R	April 16, 17, 18	3 days	9:00 a.m.—Noon	9 hrs	Karen Beaman	\$4.00	\$33.23
103-483-31427	M, T, W	May 13, 14, 15	3 days	9:00 a.m.—Noon	9 hrs	JoAnne Smith	\$4.00	\$33.23

Learn how to turn on equipment; what to expect once it is on; and how to use a mouse, run software and give commands to the computer. Hands-on experience is emphasized. This beginning-level course introduces basic computer information.

COMPUTER BASICS 2*								
103-485-31420	Friday	April 5, 12	2 days	Noon—4:30 p.m.	9 hrs	Karen Beaman	\$4.00	\$33.23
103-485-31424	W, R, F	April 24, 25, 26	3 days	9:00 a.m.—Noon	9 hrs	Karen Beaman	\$4.00	\$33.23
103-485-31433	M, T, W	May 13, 14, 15	3 days	1:00—4:00 p.m.	9 hrs	JoAnne Smith	\$4.00	\$33.23

Learn how to create and save documents; bold, italicize and format documents and work with files and folders. Hands-on experience is emphasized.

COMPUTER BASICS 3*								
103-490-31421	T, W, R	April 16, 17, 18	3 days	1:00—4:00 p.m.	9 hrs	Karen Beaman	\$4.00	\$33.23
103-490-31425	W, R, F	April 24, 25, 26	3 days	1:00—4:00 p.m.	9 hrs	Karen Beaman	\$4.00	\$33.23

Learn how to browse and search web pages as well as send and receive email. Build on the skills learned in Computer Basics for Beginners 1 & 2.

COMPUTER BASICS 4*								
103-491-31426	M, T	April 29, 30	2 days	Noon—4:30 p.m.	9 hrs	Karen Beaman	\$4.00	\$33.23

Explore in-depth concepts of computer software and hardware, building on the knowledge and application technique skills of Computer Basics 1, 2 & 3.

MICROSOFT EXCEL - LEVEL 1*								
103-453-31381	T, W, R	May 7, 8, 9	3 days	1:00—4:00 p.m.	9 hrs	Karen Beaman	\$4.00	\$33.23

Provides a basic introduction to electronic spreadsheet software using Office XP. Spreadsheets enable you to enter data into rows and columns and then perform calculations on that data. Activities are focused on planning and creating a spreadsheet with emphasis on replicating, formatting and printing.

BEGINNING DIGITAL CAMERAS								
105-605-31403	Monday	April 22	1 time	Noon—4:00 p.m.	4 hrs	JoAnne Smith	\$18.63	\$23.50

Examine the features of digital cameras. Learn the technology and jargon associated with digital cameras such as "megapixel" and "flash memory." Experiment with different types of digital cameras and learn how to share your digital photos with friends and family by e-mail and over the Internet.

INTERMEDIATE DIGITAL CAMERAS								
105-609-31406	Thursday	May 16	1 time	Noon—4:00 p.m.	4 hrs	JoAnne Smith	\$18.63	\$23.50

Discover tools to improve both your digital pictures and your digital photography skills.

DIGITAL PHOTO FUN								
203-625-31404	Tuesday	April 23	1 time	9:00 a.m.—1:00 p.m.	4 hrs	JoAnne Smith	\$18.63	\$23.50

Learn fun and creative ways to use those digital photos you've taken. The class will touch on the techniques used in digital scrapbooking and how to create photo wear and gifts. Several software packages will be demonstrated to help you create photo "stories" to share! Come join in the fun!

DIGITAL SCRAPBOOKING								
306-623-31408	Friday	May 17	1 time	9:00 a.m. —2:00 p.m.	5 hrs	JoAnne Smith	\$25.94	\$33.25

Use Microsoft Office 2007 PowerPoint and Picture Manager to edit photos and create digital scrapbook pages to share with your family and friends. Digital scrapbooking programs and other online possibilities will be explored. Bring your photos on a jump drive or CD to use in class.

MORE MPTC COMPUTER CLASSES

CLASSES OFTEN FILL FAST—EARLY REGISTRATION IS RECOMMENDED!

COURSE #	DAY	DATE	WKS	TIME	HOURS	INSTRUCTOR	COST (62+)	COST (<62)
PINTEREST								
103-669-31486	Tuesday	April 23	1 time	2:00—4:00 p.m.	2 hrs	JoAnne Smith	\$11.31	13.75

Learn about this popular web sharing service that allows members to "pin" images, videos and other objects to their pinboard. Pinterest lets you organize and share beautiful things you find on the web. People use pinboards to plan weddings, decorate homes, and organize favorite recipes. Learn to browse friends' pinboards and get inspiration from others who share your interests.

SETTING UP YOUR FACEBOOK PROFILE

103-678-31487	Friday	April 19	1 time	Noon—4:00 p.m.	4 hrs	JoAnne Smith	\$25.94	\$33.25
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Your profile page on Facebook tells the world who you are. It includes information like your background, interests, hobbies, relationships and more. Learn how to fill out your profile to include your favorite things. Students should already have an email account.

IS THE iPad FOR YOU?

103-606-31479	Saturday	April 20	1 time	9:00 a.m.—Noon	3 hrs	JoAnne Smith	\$18.63	\$23.50
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Learn about the iPad to determine if you could use the iPad instead of a computer and/or as an additional computer. Connect wirelessly to the Internet almost anywhere there is access to a cell tower to send and received email, read books, take pictures, look at photos, write letters and essays, research family trees, play games, watch movies, and listen to music—all with limited computer knowledge. Find out what decisions you need to make prior to purchase.

INTRODUCTION TO USING AN iPad

103-607-31480	W, R, F	May 1, 2, 3	3 days	1:00—4:00 p.m.	9 hrs	JoAnne Smith	\$40.56	\$52.75
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Learn how to use the iPad including how to set it up, how to find, install and use productivity and entertainment apps, how to access the Internet and use email, how to create files, and tips on how to perform useful functions and enjoy other features. You will need to have your own iPad.

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- Respite Care
- Companionship

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923-1155

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Fond du Lac, WI 54937

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SENIOR WELLNESS MORNING

Senior Wellness Mornings are held at the Fond du Lac Senior Center on the 2nd Friday of EVEN months from 9–11 a.m.



ASK THE FOOT DOCTOR Friday, April 12

Fond du Lac Senior Center 151 E. First Street



- DOOR PRIZES
- HANDOUTS
- REFRESHMENTS

For planning purposes,
please call 322-3630
To pre-register.

9–10 a.m.

Health Screenings:

- Blood Sugar (Fast required)
- Blood Pressure
- Hearing

Health Info Booths: including

- Aging & Disability Resource Center
- Agnesian Health Shoppe
- Look Good, Feel Better Cancer Program
- Rehab Arisces
- Second Set of Hands
- TOPS Chapter #1159
- UW-Extension
- Wink Chiropractic

Demonstration:

Fond du Lac Senior Center's Handchime Choir

10–11 a.m.

Speaker: Dr. Maria Elena Saleh

Doctor of Podiatric Medicine
Midwest Foot & Wound Care Center

Years of wear and tear can be hard on our feet. Foot care is typically only on people's mind when they start to experience pain, swelling, or other concerns. The feet are often neglected as most people do not think of how important their feet are to their every day living. Your feet support you when you are standing, give you the kinetic energy to walk, and bring you from one point to another.

Dr. Saleh will explain how your feet are more important than you think and answer commonly asked questions regarding foot health and foot care. She will provide a variety of information regarding foot problems, how to choose proper footwear, and treatment options.

**TAKE CARE
OF YOUR
FEET!**



TEE OFF!

GOLF OPPORTUNITIES THROUGH THE FOND DU LAC SENIOR CENTER

Golf Lessons

with Jeff Kemp

Thursday Afternoons in May
May 2, 9, 16, 23, at 1:00 p.m.

Rain Date: May 30
Oakgreen Par 3 Golf Course

Cost \$30

Includes Bucket of Balls,
Instruction & 9 Holes of Golf Each Week
Pay at the Senior Center when you register.
Friends membership is required to participate.

SPACE IS LIMITED ~ REGISTER EARLY!



Men's Golf League

Early May through Early October
Whispering Springs Golf Course

INFORMATIONAL MEETING
THURSDAY, MARCH 28, at 9 a.m.
at the Senior Center

This 22-week handicap men's league is made up of 2-man teams with an 8 a.m. tee time. In the past the league ran on Thursday mornings, but that may change for 2013. This organizational meeting will discuss this and other details of the league. **It will be held at the Senior Center in the Main Activity Room.** If you can't attend the meeting, but would still like to join the league, you should call Mike Meyer right away. If you have questions about the meeting or the golf league, contact Mike Meyer at 922-6737.

Ladies Golf

Mondays & Wednesdays— 9 a.m. Tee Time
April 30 through August 29
Oakgreen Par 3 Golf Course

The LPGC (Ladies Playful Golf Club) is not a league, but rather an informal way to get together and socialize with other ladies who like to golf. *It's all about fun!* Enjoy golfing in the beautiful park-like course and making new friends. Meet at Oak Green on Monday and Wednesday mornings, with golfing to begin at 9:30 a.m. Please come a little earlier to help keep things running smoothly. The season will end with a pizza party in the first week of September. This club is open to any lady golfer from beginner to advanced. You need not attend every Monday and Wednesday, come play whenever you can.

BRIEF ORGANIZATIONAL MEETING
MONDAY, MAY 6, at 9 a.m.
Golfing at 9:30 a.m. after the meeting
Oakgreen Golf Course

If you can not attend the May 6 meeting, REGISTER at the Senior Center as soon as possible. Contact Alice Dann at 920-753-5126 with any questions. **A one-time Club registration fee is \$5.00 per person, payable on the first day or at the Senior Center.** Golf fees are payable at the Golf Course each week as you play.



MONTHLY MOVIE

2 SHOWINGS!

"LINCOLN" ~ Thursday, April 18 OR Monday, April 22

11:45 a.m. Lunch (optional)

MENU APRIL 18: Pork Jaegerschnitzel, Mashed Potatoes, German Cucumber Salad, Summer Blend Vegetables, Dinner Roll, Applesauce and Milk

MENU APRIL 22: Swedish Meatballs, Mashed Potatoes, California Blend Vegetables, Fruit Cocktail, Sliced Bread, Chocolate Chip Cookie and Milk



12:30 p.m. Movie: "Lincoln"

A revealing drama that focuses on the 16th President's tumultuous final months in office. In a nation divided by war and the strong winds of change, Lincoln pursues a course of action designed to end the war, unite the country and abolish slavery. With the moral courage and fierce determination to succeed, his choices during this critical moment will change the fate of generations to come. **Director:** Steven Spielberg. **Stars:** Daniel Day-Lewis, Sally Field, David Strathairn, Joseph Gordon-Levitt, James Spader, Hal Holbrook, Tommy Lee Jones. 2012, Rated: PG-13, 150 min., Historical Drama.



You must register separately for each activity. Call 929-3937 by 1 p.m. on the day before to register for the FDL Senior Dining Program lunch (recommended donation of just \$3.00 for those age 60 years or older; mandatory charge of \$9.25 for those under age 60). Call 322-3630 to register to attend the movie so that adequate seating & refreshments can be planned. Movies are free and open to the public. FREE popcorn and refreshments.



*Special thanks to **Family Video**, 32 E. Johnson Street, for generously allowing the Senior Center one free movie rental per month.*

FOR RENT – ELDERLY HOUSING

**One Bedroom Units • Rent based on Income
No Asset Limitations**

Westnor Apartments at 653 West Arndt Street, Fond du Lac

- Must be elderly (62+) or disabled
- Fond du Lac County Nutrition Program meal site 5 days a week
- Nursing services available to residents free one day a week
- All utilities included in rent, Free on site parking
- Close to Forest Mall, etc. On City bus route

Grand Court Apartments at 630 West Arndt Street, Fond du Lac

- Must be elderly (62+) or disabled
- Nursing services available to residents free one day a week
- All utilities included in rent except electricity, Free on site parking
- Close to Forest Mall, etc. On City bus route

Heather Meadows Apartments at 235 Winnebago Street, N Fond du Lac

- Must be elderly (62+) or disabled
- Nursing services available to residents free twice a month
- All utilities paid except electricity
- Free on site parking

Rosalind Apartments at 15 North Marr Street, Fond du Lac

- Must be near elderly, elderly (50+) or disabled
- Air conditioned hallways and Community Room
- Large TV for resident use in Community Room
- Nursing services available to residents free one day a week
- All utilities included in rent
- Close to downtown, hospital, clinics, churches; on City bus route

**For more information call: Fond du Lac Housing Authority
929-3107 extension 102 • Monday – Friday 8:00 AM – 4:30 PM**

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RECREATION

Call 322-3630 for more information about any of these activities. [New members are always welcome!](#)

Unless otherwise noted, there is no cost to participate in these recreational activities, but there is a 50¢ requested donation. These donations help defray the cost of programming and operations at the Senior Center. It is a DONATION – and is not required for participation.

ART CLUB

Thursdays at 1:00 p.m.

BINGO

50¢ for 2 cards

Tuesdays at 1:00 p.m.

Thanks to our Bingo Sponsors who provide prizes, treats, and caller.

1st Tuesday: ManorCare (odd months)

Hospice Advantage (even months)

2nd Tuesday: Comfort Keepers

3rd Tuesday: **Looking for a new sponsor**

4th Tuesday: Rehab Arisces (even months)

Philip Shepherd, Attorney (odd months)

5th Tuesday: CRL Senior Living of Oshkosh

BOOK CLUB

3rd Monday at 9:30 a.m.

April 15 *The Girls from Ames:*

A Story of Women & Friendship

Jeffrey Zaslow

May 20 *The Lost Artist*

Gail Lukasik

June 17 *The Prize Winner from Defiance, Ohio by Terry Ryan*

Book synopses available at front desk.

BRIDGE

\$1 donation

Tuesdays at 12:45 p.m.

For information or to play, call Joan Christ at 921-9526.

Thursdays at 12:45 p.m.

For information or to play, call Hilda Feldmann at 921-2889.

CANASTA

1st & 3rd Wednesdays at 1:00 p.m.

COIN CLUB

2nd Tuesday (May–October) at 6:30 p.m.

CRIBBAGE

Wednesdays at 1:00 p.m.

DANCES

\$3.00 fee

Wednesdays at 7:30–10:00 p.m.

DOMINOES

3rd Wednesday at 12:30 p.m.

GERMAN CLUB

Mondays at 1:00 p.m.

HAND & FOOT (NEW Card Game)

Wednesdays at 1:00 p.m.

HANDCHIME CHOIR

Wednesdays & Thursdays at 9:00 a.m.

LINETTES (EZ Line Dancing)

Wednesdays at 9:00 a.m.

MODEL RAILROAD HOBBYISTS

2nd Sunday at 6:00 p.m.

PINOCHLE

Fridays at 1:00 p.m.

POKER

Mondays at 1:00 p.m.

POOL Open Pool daily

Leagues (no open pool during league play)

8-Ball Tuesdays 8:30 a.m.–12:30 p.m.

9-Ball Wednesdays 8:30 a.m.–12:30 p.m.

QUILTING

Flying Geese Quilting Club

1st Thursday at 1 p.m.

Call Nancy at 923-4494 for information.

Sunset Stitchers Quilt Guild

2nd Thursday at 7:00 p.m.

Call Laura at 923-1693 for information.



All men are welcome to join the "Retired Old Men Eating Out" for lunch...

Thursday, April 4, at noon
Hibachi Grill & Sushi Buffet

Thursday, May 2, at noon
Rolling Meadows Family Restaurant

SCAMP (Senior Center Band)

Wednesdays at 8:30 a.m.

SCRAPBOOK CLUB

First three Thursdays at 10:00 a.m.

Char-tastic Crafters

1st & 3rd Thursday from 6–8 p.m.

SHEEPSHEAD

\$1 donation

Mondays at 1:15 p.m.

Jack of Diamonds

Wednesdays and Fridays at 1:15 p.m.

Black Queens

SKAT

Tuesdays at 9:00 a.m.

STAMP CLUB

3rd Wednesday at 7:30 p.m.

STITCHERY CLUB

2nd & 4th Tuesday at 1:00 p.m.

SUPPER CLUB

Dutch Treat. Everyone welcome!

If you need a ride please let us know when you register.

You MUST call the Center if attending.

Friday, April 19

Social: 5:00 p.m.; Dinner: 5:30 p.m.

American Legion Hall in Lomira

Directions and carpooling available

Saturday, May 18

Social: 5:00 p.m.; Dinner: 5:30 p.m.

Blanck's Lake Aire Supper Club

TOPS (Take Off Pounds Sensibly)

Chapter #1159

Mondays at 5:00 p.m.

Chapter #0566

Thursdays at 6:00 p.m.

WACKY RACES

4th Tuesday at 3:00 p.m. (after Bingo)

Wii BOWLING

Open Bowling by request—call to reserve day

Fridays at 12:30 and 2:00 p.m.

League Play

WINNEBAGO WOODWORKERS

2nd Tuesday from 6:00–8:00 p.m.

General meeting held at the FDL Senior Center

Other Tuesdays from 6:00–8:00 p.m.

Workshop meetings at Horace Mann High School, North Fond du Lac.

Dave Jackson at 923-5233 for more info.

WOODCARVERS GROUP

Mondays at 9:00 a.m.

WRITERS GROUP

Fridays at 1:00 p.m.

The Memories Writers meets to share and preserve life experiences and family history. New members welcome!

HEALTH & WELLNESS

Bike Rides are Back!

Tune up that bike and get ready for the first ride of the season. On **Wednesday, April 10**, meet the gang at 10 a.m. at the **Lake Denevue Shelter** at Lakeside Park. From there you'll ride to the County Garage and return along the east branch of the Fond du Lac River. The ride will be 8-10 miles and totally on pavement. Please call 322-3630 to register. 50¢ Donation. Cancellations on ride day, call Caroline Dilling at 922-3561. Bring water and money for lunch at A&W Restaurant.



TAI JI



A new Tai Ji session will **begin April 9 and end May 28**. The class meets on **Tuesday mornings from 9–10 a.m.** The cost is \$45 for the eight weeks. Participants should wear loose comfortable clothing and tennis shoes.

Friends Membership is required. For more information, please call 322-3630.

WALKING CLASS

Walking class meets every **Monday and Thursday afternoon at 3:45 p.m.** For comfort, wear walking shoes. 50¢ Donation. You will get a good mile workout every time you come. Each session focuses on one of five different body areas.



EXERCISE CLASSES



LOW IMPACT CHAIR EXERCISE with Jaime Roth
Mondays 9:00 – 9:30 a.m.
Sponsored by **All About Life**
Men & Women Welcome!

CHAIR EXERCISE VIDEO

Wednesdays 10:15 – 10:45 a.m.

Video furnished by **Lutheran Homes and Health Services**

OTHER EXERCISE

Hikers Tuesday & Thursday mornings
Line Dancing see Classes on page 17
Water Exercise Daily 8 a.m. at the Aquatic Center
\$3.75 per session
Zumba Gold Monday evenings 5:30 to 6:30 p.m.
14 \$5 walk ins; 920-606-9078 for info

HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by Agnesian Home Care

Friday, April 12; from 9–10 a.m. *2nd Fri. of the month*

No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by Lutheran Homes & Health Services

Friday, April 12; from 9–10 a.m. *2nd Fri. of the month*

No appointment needed; Donations accepted. *12-hour fast required.*

CHOLESTEROL SCREENING

Sponsored by Consultants Lab – A member of Agnesian HealthCare
Lipid Panel + Glucose screening

Tuesday, May 14; from 8:30– 11 a.m.

2nd Tuesday in February, May, August, November

Cost: \$20; Call 322-3630 for appointment. *12-hour fast required.*

FOOT CARE (ROUTINE NAIL CARE)

Sponsored by FDL County Health Department

Thursday, April 11, 18, 25

Cost: \$20; Call 322-3630 for appointment.

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

Friday, April 12; from 8:30–10 a.m.

2nd Friday of even months

FREE Hearing Screenings and FREE Hearing Aid Cleanings

Call 322-3630 for appointment; Donations accepted.

MASSAGE, REFLEXOLOGY, IRIS

Renee Waters, Certified Massage Therapist & Naturopath;
Owner of Country Doctor

Tuesday, April 23; 10 a.m. through the day

Usually 4th Tuesday of the month

Cost: \$20 for 30 minute session; Call 322-3630 for appointment.

VITAMIN D TESTING 25OH Vitamin D test

Sponsored by Consultants Lab – A member of Agnesian HealthCare

Tuesday, May 14; from 8:30 – 11 a.m.

2nd Tuesday in February, May, August, November

Cost: \$40; Call 322-3630 for appointment.

SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP

Thursday, April 25, from 6:30–8:30 p.m. *(4th Thursday of the month)*

Fond du Lac Senior Center ~ Room 4

DIABETIC SUPPORT GROUPS

Monday, May 6, from 5:30–6:30 p.m. *(1st Monday of the month)*

Agnesian HealthCare, 430 E. Division St., 6th floor meeting room

Tuesday, April 16, from 4–5 p.m. *(3rd Tuesday of the month)*

Aurora Health Care Center, 210 American Drive, American Room

GLUTEN FREE SUPPORT GROUP

Next Meeting: Tuesday, May 21, from 6:30–8 p.m.

Fond du Lac Senior Center, 151 E. First Street

PROSTATE CANCER

Tuesday, 9, at 8:30 a.m. *(2nd Tuesday of the month)*

Rolling Meadows Family Restaurant, 947 S. Rolling Meadows Drive

PARKINSON'S SUPPORT GROUP

Monday, April 8 from 10–11 a.m. *(2nd Monday of the month)*

Aurora Health Care Center, 210 American Drive, American Room

HEALTH & WELLNESS



SKIN CANCER SCREENINGS Wednesday, May 1 6–7:30 p.m.

Dr. Burt Steffes of Agnesian Healthcare will be performing screenings for skin cancer at the Senior Center. There

is no charge for these screenings, but openings are limited. If you are concerned that spots on your skin have changed or appear abnormal, please call 322-3630 and make an appointment to see Dr. Steffes at the Fond du Lac Senior Center. Dr. Steffes is a board certified dermatologist at Agnesian HealthCare.



LOOK GOOD...FEEL BETTER

Wednesday, April 10
10 a.m.–noon

The American Cancer Society sponsors “Look Good...Feel Better” programs at the Senior Center. This is a free program created **for women of any age** undergoing cancer treatment to look good and manage treatment and recovery with greater confidence. Each participant will receive a complimentary beauty kit with cosmetics donated by top name companies. If you know a lady going through treatment, tell her about this beneficial program. **Advance registration is required. Please call the American Cancer Society toll free at 1-800-227-2345.**



WELLNESS MORNING: Friday, April 12

- Health Screenings
- Health Info Booths
- Speaker: Dr. Maria Saleh
- Refreshments, Door Prizes

See Page 10 for details;
Please call 322-3630 to register.



Thursday, April 4
9–9:20 a.m.

Have you seen the information on Breakfast for the Brain and wonder is it right for me or someone I know? This is your opportunity to come and find out. Nan Baumgartner will have us participate in one of the exercises from the program and will answer questions about the sessions. This will be about fifteen minutes.

9:20–10 a.m.

Mary Voell, founder of Legacies: Family Organizational Historians, has made it her mission to help



families and organizations capture their stories. She will give tips on how you can help the seniors you are close to capture their life stories. Learn about the power of storytelling, acquire new listening skills and discover ways you can help individuals create order out of chaos. **Help uncover treasures that are so close at hand—one story at a time.**

SENIOR OUTREACH PROGRAM

Reaching Out – Touching Lives



COMMUNITY CARES

Volunteers will visit Lake View Estates, 517 Luco Road, between **2–3 p.m.** on **Tuesday, April 23.** Each month volunteers go to a different local nursing home or assisted living facility to visit with residents who have few visitors. You will be paired with an experienced volunteer for these one-on-one visits. A

small gift will be furnished to give the resident. Volunteers can be any age. This one hour can bring a smile to a senior and make a difference in their day and in yours. Please call 322-3630 to sign up or if you have questions.

SENIOR OUTREACH PROGRAM

Volunteers will meet on **Thursday, April 4, from 9–11 a.m.** At 9 a.m. Nan Baumgartner will demonstrate one of the exercises from *Breakfast for the Brain* and answer questions about the upcoming program. Then, Mary Voell, one of our new volunteers, will share with us how we can aid our clients in telling their life stories and give tips on how we can capture this for them. Afterwards, we will have our meeting to submit reports, share concerns and encourage one another.

The Senior Outreach Program is funded in part by:

Friends of the Fond du Lac Senior Center
Fond du Lac County Department of Community Programs
Fond du Lac Area United Way; Fond du Lac Area Foundation

RED HAT HONEYS

THE FDL SENIOR CENTER CHAPTER OF THE RED HAT SOCIETY

To learn more about Red Hat Honeys activities, you must pick up a newsletter at the front desk, or request to get on the Red Hat e-mail list. The Chapter is open to ladies of all ages and the \$5 membership is on-going.

LUNCH AT HUNTERS POINT

Thursday—April 11; 11:30 a.m.

See Red Hat Honeys newsletter for details. LIMIT: 30; COST: TBD

HAT DECORATING WORKSHOP

For new Red Hat members and others, add a new look to an old hat...

Wednesday—April 24 ; 1-4 p.m. at the Senior Center

Bring hats and any embellishments you would like to use on them. Barbara will have some supplies (glue gun, etc.) and embellishments available too. LIMIT: 12; COST: \$3

LET'S HAVE A PARTY!

Wednesday—May 15 ;

11:00 a.m. Social—Noon Lunch

Gather for a Dutch treat lunch at Big Al Capone's in Pipe. Pre-register if you plan to attend.



We need activities for 2013. Please help!

COMMUNITY EVENT

Green Thumb Garden Club

Annual Plant Sale

Friday, May 10 &
Saturday, May 11

8:30 a.m. to 6:00 p.m.

552 Vermont Street

Home of Jim & Sandra Smet

Rain or Shine

Perennials, herbs and surprises!

Enjoy a free tour of Sandra's Gardens as you shop
Green Thumb Garden Club is a non-profit organization

Visit <http://greenthumbgardenclub.webs.com/> for more information



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CLASSES & CROPS

ART & RECREATION CLASSES

Several art and recreational classes are offered at the Senior Center. Registration for these classes is required—register at the front desk. Payment is expected at that time and can be made with cash or check made payable to *Friends, Inc.*

Class	Day	Time	Weeks	Cost
Oil Painting	Tuesday	10 a.m.—noon	4	\$15
April 16, 23, 30, May 7		May 14, 21, 28, June 4		
Watercolor	Tuesday	1—3 p.m.	4	\$15
April 16, 23, 30, May 7		May 14, 21, 28, June 4		
Mixed Media	Tuesday	3—4:30 p.m.	4	\$10
April 16, 23, 30, May 7		May 14, 21, 28, June 4		
Drawing	Wednesday	6—8 p.m.	4	\$15
April 17, 24, May 1, 8		May 15, 22, 29, June 5		
Country Line Dancing	Thursday	6—7:30 p.m.	4	\$10
April 4, 11, 18, 25		May 2, 9, 16, 23		
Beg. Country Line Dancing	Saturday	10—11:30 a.m.	3	\$7.50
April 6, 13, 20		May 4, 11, 1/		
Singing	Wednesday	10—11 a.m.	6	\$25
April 3, 10, 17, 24, May 1, 8				
Sewing Lab		3:30—6:30 p.m.		
April 3, 10, 17, 24				

SCRAPBOOK CROPS ✂--✂--✂

▪ **Kim Stern** has a Scrapbooking Crop scheduled at the Senior Center on **April 27**, from **9 a.m. to 9 p.m.** All skill levels and all ages are welcome. The \$18 registration fee includes lunch and dinner, a “make & take” and a large space for scrapbooking. **To register: Kim at 517-1108.**

▪ **Colette Jaeger** will hold a Scrapbooking Crop at the Center on **June 29**, from **9 a.m. to 9 p.m.** The cost is \$20 and includes lunch, dinner, and space to scrapbook away. **To register: Colette at 602-2486.**

Other 2013 dates for Saturday Scrapbook Crops at the Senior Center: **July 27, September 28, and October 26.**

CARD MAKING CLASS with Jana Secord

Tuesday, April 9 3 sessions to choose from:
3:15—4:45 p.m., 5:15—6:45 p.m. or 7—8:30 p.m.

Make three beautiful cards for \$6 or cards and class is FREE if you place a minimum \$15 product order towards making your own cards! We'll be making Bright SPRING cards for all occasions and using the “baby wipe” technique! Bring your own scissors and adhesive please if you've been to class before or if are already a crafter. *Explore your creative side!*

To register, contact Jana at 920-979-5262 or email stampinjana@charter.net by 5 p.m. on March 11 to participate.

SERVICES

- Free computer/Internet access in Lab & Lobby for members only
- Information or referral on many senior citizen related topics
- Car Fit service available by appt—have a perfect fit to your car
- Photo copies 5¢ each page; FAX send/receive; Laminating
- Document shredder available for your use
- Income tax assistance (free) during tax season
- Books, magazines, puzzles, videos available to borrow FREE
- Weight scale in Health Room
- Newcomer tour: Call for a personal appointment or just stop in
- Magnified reader for visually impaired or for reading fine print
- Telephone Reassurance Calls: Mornings (Monday—Friday)
- This 'n That Craft Shoppe open weekdays 9 a.m.—4 p.m. Craft Intake held every Tuesday from 9:30 a.m.—1:00 p.m. Crafters welcome to inquire about consignment opportunities
- FDL County Department of Senior Services Dining Program
Meals served at Senior Center Monday—Thursday at 11:45 a.m.
 Reservations for meals are made by calling 929-3937 and MUST be made by 1 p.m. the day before you will attend. Menus are available at the front desk. Suggested donation of \$3 for those 60 years of age or older or married to someone 60 or older; required fee of \$9.25 for those younger than 60.
- FDL County Department of Senior Service Benefit Specialist Julie Hilbert can be reached at 929-3521.

LET'S DO LUNCH



The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served Monday—Thursday at 11:45 a.m., the meal is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over.

If you haven't tried these delicious, nutritious lunches, what are you waiting for?

Pick up a menu and registration information at the front desk or visit our website at www.fdlseiorcenter.com.

FREE TICKETS TO SCHOOL EVENTS

The Fond du Lac School District has generously sent the Senior Center ten complimentary tickets for admission to regular season athletic contests and music department concerts presented by district schools for the public. These tickets are to be used *by seniors* on a **shared basis**—anyone who is interested in attending a specific event may pick up a complimentary ticket at the Senior Center, use it for that particular event, and return it to the Center for use by others. The tickets are available for check out at the front desk.



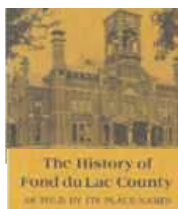
COMMUNITY

SENIOR DINING GROUP

The FDL Senior Dining Group invites all men & women 55 and older to join them Tuesday nights. The group meets weekly for dining. Cocktails at 5:30 p.m. and dinner at 6:30 p.m.

April 2	Elk's Club	33 Sheboygan St., FDL
April 9	Blanck's—Johnsburg	Cty Q & W
April 16	Northwinds	321 FDL Ave. (Hwy 45S), Eden
April 23	Fat Joe's	15 W. Division St., FDL
April 30	Parnell's Place	2932 FDL Rd. (Hwy 45N), Oshkosh

More info: call Max at 920-269-4180 or Mary Jo at 960-2532.



FDL HISTORICAL SOCIETY

Do you like to read? Would you like to learn more about the history of Fond du Lac County? Check out fdlhistory.com. Under Education you will find a list of books the Fond du Lac County Historical Society has for sale at the Gift Shop (located in the Reception House at the Galloway House) or call (920) 921-5527 and leave a message with the Gift Shop Manager. Books make wonderful gifts!

RELAY FOR LIFE FUNDRAISER

Plant and Rummage Sale to benefit Relay For Life
May 13—18 ~ 57 Heritage Lane

(3 blocks east of National Ave. & 4th St.)
Monday-Friday 9 a.m.—4 p.m. and Saturday 9 a.m.—1 p.m.
Lots of perennials & quality items. Multi families.



NEWS FROM THE ADRC

Aging & Disability Resource Center

50 N. Portland Street; For more information call 929-3466

Long Term Care programs and services for the Elderly or Disabled

Upcoming FREE programs offered at the ADRC:

Alzheimer's Representative April 3 from 10 a.m. – Noon

Get answers to your questions concerning memory loss, treatment options and planning for the future. Call 920-838-1311 for an appointment. Walk-ins welcome.

Living Well with Chronic Conditions

6 week series to be held on Wednesdays

April 10—May 15, from 1—3:30 p.m.



If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or anxiety, the Living Well Workshop can help you take charge of your life: Get the support you need, find practical ways to deal with pain & fatigue, discover better nutrition and exercise choices, understand new treatment options, and learn more effective ways to talk to your doctor and family about your health. Attendance at all six sessions is recommended. For questions or to register, contact Marion at 929-3114.

Veteran Center Counselor available for Readjustment Issues

April 12 and April 26 from 8 a.m. – 4:30 p.m.

Appointments by calling 414-434-1311—walk-ins also welcome.

Brown Bag Medication Review April 24 at the ADRC

A free and confidential review of your medications by a Walgreen's pharmacist. Bring all your medications, vitamins, herbs, etc. in a bag along with your questions or concerns. Please call 929-3466 for more information or for an appointment.



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920-933-5550

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2013 FRIENDS MEMBERSHIP APPLICATION

2013 membership valid NOW through December 31, 2013

To join the FRIENDS of the FOND DU LAC SENIOR CENTER or to renew your membership, please complete this application and return it to the Fond du Lac Senior Center. Membership is on-going throughout the whole year.

Please make check payable to: "FRIENDS, INC."

Fond du Lac Senior Center
151 E. 1st Street
Fond du Lac, Wisconsin 54935

PLEASE PRINT CLEARLY as all information is entered into the computer by a volunteer.

NAME(s) (both, if couple)	
ADDRESS	
CITY, STATE, ZIP	
PHONE	
BIRTHDATE (optional)	
E-MAIL (absolutely confidential)	
CITY RESIDENT?	<input type="checkbox"/> City of Fond du Lac Other: _____

CHOICE OF SUPPORT:

- ☐ **\$10.00 Single**
- ☐ **\$15.00 Couple** (Husband and Wife)

**2013 membership
valid NOW through
December 31, 2013**

- ☐ **\$_____ Utility Donation for the City of Fond du Lac** For a few years now, we have asked members to give **\$25** or whatever they could afford. A \$10,000 donation has been made each year in the fall by the Friends Board of Director to City Council to help cover the \$19,000 cost of utilities at the Senior Center. Thank you to all who helped with donations. Almost \$5,000 in donations came in last year and the remainder came from fundraising efforts. Your donation for 2013 is optional but *very much appreciated!*

- ☐ **\$50.00 FANTASTIC FRIENDS membership support** — Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of the Center and is much appreciated. You will receive a 2013 Dine Out Coupon Book in appreciation of your fantastic donation. *You can pick it up at the front desk.* The **FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership** and additional donation to Friends to help with the operation of the Center.

- ☐ **\$100.00 FABULOUS FRIENDS membership support** — Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. Recognition of your support will be in the Senior Center's October newsletter, and you will receive 2 new 2013 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The **FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership**, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.

PLEASE CHECK: ☐ Yes, you CAN include my name when listing publicity. ☐ No, please do NOT list my name.

TOTAL ENCLOSED (Utility Donation and Friends Membership **can** be on the same check.)

Because the Friends is a 501(c)(3) nonprofit organization, your contribution is tax deductible.

Please note that **RED HAT HONEYS** members use another purple form for the **\$5 chapter dues**. The \$5 dues should be paid at the same time the required Friends membership is paid to avoid confusion. Friends membership, utility donation, and Red Hat dues **CAN** be on the same check. Forms are available at the Senior Center and Red Hat Honeys membership is on-going throughout the year. We always welcome new Red Hatters!

FOR OFFICE USE ONLY

DATE PAID _____ CASH _____ CHECK _____ CHECK # _____

☐ NEW 2013 Member ☐ Renewal

Receptionist Initials _____

☐ FANATASTIC FRIENDS \$50 ☐ FABULOUS FRIENDS \$100 ☐ UTILITY DONATION: \$ _____

☐ Received *Among Friends* Newsletter ☐ Received Happy Travelers Info ☐ Red Hat Dues also paid (purple form)



Fond du Lac Senior Center

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Fond du Lac, WI 54935

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dwinkelmann@fdl.wi.gov

ASSISTANT DIRECTOR

Judy Lange 322-3633
jlange@fdl.wi.gov

CRAFT SHOPPE COORDINATOR

Patsy Lefeber
322-3638

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TRAVEL COORDINATOR

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Mary Kind, Vice President
Kate Barr, Secretary
Ron Zarling, Treasurer
Susanne Dennis
Jerry Gordon
Charlotte Nelson
Irv Pea
Ruth Smith

Fond du Lac Senior Center
is a member of **WASC**

Wisconsin
Association of
Senior
Centers



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MISSION

The Fond du Lac Senior Center is dedicated to enriching the social, physical, emotional, and intellectual well-being of seniors in the community.

♥LCW



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Stay up to date with everything happening at the Center!
"Like" us on Facebook for pictures, contests and more!
[Facebook.com/FondduLacSeniorCenter](https://www.facebook.com/FondduLacSeniorCenter)



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